

A recipe for health

Vegetable safety checklist

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-  **Choose and inspect vegetable ingredients for safety**
 - Regularly check vegetables for bruises, mould and any other damage.
 - Discard any mouldy vegetables.
 - Remove damaged leaves from leafy vegetables and herbs such as parsley, mint and coriander.
 - Scrub dirt and soil from firm vegetables such as potatoes and beetroot using a clean brush.
 -  **Ensure safe storage**
 - Store tomatoes, leafy greens and other perishable vegetables in the fridge or a cool place away from direct sunlight. Onions, potatoes and garlic should be stored in a dry, ventilated space.
 - Peeled, cut and prepackaged vegetables should be stored in the refrigerator at temperatures below 5 °C. Follow the instructions on the labels of prepackaged vegetables.
 -  **Maintain good hygiene and use safe water**
 - Regularly wash your hands with soap and clean water for at least 20 seconds.
 - Rinse vegetables with clean water and gently scrub their surface with your fingers.
 - Submerge leafy greens like lettuce and parsley in a bowl of clean water for a few minutes.
 - Drain the vegetables well and pat dry with a clean kitchen or paper towel.
 -  **Avoid cross-contamination**
 - Separate vegetables from raw products like meat, fish and eggs during shopping, preparation and storage.
 - Peel, cut and prepare vegetables using clean utensils and cutting boards.
 -  **Manage cooking temperature**
 - Cook vegetables thoroughly.